

Plumas Lake Elementary Schools

November, 2016

Breakfast

| | | | | |
|---|----------------------------------|--|---|-------------------------------------|
| | 1 | 2 | 3 | 4 |
|  | Breakfast Pizza | Bagelful | Sausage and Pancake on a Stick | Fresh Baked Cinnamon Roll |
| | Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick |
| | Orange Smiles and Seasonal Fruit | Chilled Diced Pears and Seasonal Fruit | Fresh Apple and Seasonal Fruit | 100% Fruit Juice and Seasonal Fruit |
| 7 | 8 | 9 | 10 | 11 |
| Muffin Choice | Breakfast Burrito | Waffle | Breakfast Sausage Sandwich | HOLIDAY |
| Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick | Veteran's Day |
| 100% Orange Juice and Seasonal Fruit | Fresh Banana and Seasonal Fruit | Chilled Applesauce and Seasonal Fruit | Raisins and Seasonal Fruit | HOLIDAY |
| 14 | 15 | 16 | 17 | 18 |
| Whole Grain Doughnut | Breakfast Pizza | Bagelful | Sausage and Pancake on a Stick | Fresh Baked Cinnamon Roll |
| Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick |
| 100% Apple Juice and Seasonal Fruit | Orange Smiles and Seasonal Fruit | Chilled Diced Pears and Seasonal Fruit | Fresh Apple and Seasonal Fruit | 100% Fruit Juice and Seasonal Fruit |
| 21 | 22 | 23 | 24 | 25 |
| HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY |
| Thanksgiving Break | | | | |
| HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY |
| 28 | 29 | 30 | | |
| Muffin Choice | Breakfast Burrito | Waffle |  | |
| Cereal and Cheese Stick | Cereal and Cheese Stick | Cereal and Cheese Stick | | |
| 100% Orange Juice and Seasonal Fruit | Fresh Banana and Seasonal Fruit | Chilled Applesauce and Seasonal Fruit | | |

Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!

Menu Subject To Change Without Notice

Plumas Lake Elementary Schools

November, 2016

Lunch

| | 1 | 2 | 3 | 4 |
|---|-------------------------------|---|---|-------------------------------------|
|  | Teriyaki Chicken and Rice | Mini Corn Dogs | Chicken Sandwich | Stuffed Crust Pepperoni Pizza Slice |
| | Ultra Bean and Cheese Burrito | Sunflower Butter and Jelly Sandwich with Cheese Stick | Grilled Cheese Sandwich | Stuffed Crust Cheese Pizza Slice |
| | Baby Carrot Pack | Tasty Tator Tots | Roasted Broccoli | Steamed Green Beans |
| 7 | 8 | 9 | 10 | 11 |
| Spaghetti with Red Sauce and Cheesy Breadstick | Beef Crunchy Tacos | Chicken Strips | Hamburger | HOLIDAY |
| Italian Calzone | Cheese Quesadilla | Grilled Cheese Sandwich | Ultra Bean and Cheese Burrito | Veteran's Day |
| Roasted Broccoli | Smooth Refried Beans | Steamed Green Beans | Potato Wedges | HOLIDAY |
| 14 | 15 | 16 | 17 | 18 |
| Fiesta Nada (Taco Pocket) | Mandarin Chicken and Rice | Chicken Nuggets | Jumbo Corn Dog | Primo Pepperoni Pizza Slice |
| Cheese Enchiladas | Cheese Quesadilla | Ultra Bean and Cheese Burrito | Fruit and Yogurt Parfait | Primo Cheese Pizza Slice |
| Black Beans | Roasted Carrots | Corn Cob | Seasoned Curly Fries | Hot Peas |
| 21 | 22 | 23 | 24 | 25 |
| HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY |
| Thanksgiving Break | | | | |
| HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY | HOLIDAY |
| 28 | 29 | 30 | | |
| Mac N Cheese and Corn Bread | Chicken Taquitos | Popcorn Chicken |  | |
| Sunflower Butter and Jelly Sandwich with Cheese Stick | Grilled Cheese Sandwich | Pretzel Bites with Cheese Dip | | |
| Steamed Green Beans | Smooth Refried Beans | Roasted Sweet Potatoes | | |

Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!

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